

Message

From: Mohabir, Sonia [mohabir.sonia@epa.gov]
Sent: 7/16/2020 4:19:11 PM
To: McBay, Stephen [Mcbay.Stephen@epa.gov]; Mohabir, Sonia [Mohabir.Sonia@epa.gov]
Subject: Conversation with McBay, Stephen

Mohabir, Sonia 11:11 AM:

Hey Stephen! Just wanted to repeat that I think it's pretty awesome that you finished reading Siddhartha and liked it. I read it twice and practice several elements of Buddhism. I even have a tiny statue of Buddha in my cubicle at the office. Hope you get to see it sometime soon! :P

McBay, Stephen 11:12 AM:

Hah, thanks Sonia. Not sure why I was embarrassed to say it to the group, but it was my third time reading it. It always centers me a bit.

Mohabir, Sonia 11:13 AM:

(highfive)

McBay, Stephen 11:13 AM:

I hope that the office time does come soon. It'll be a lot of fun to interact with you and everyone.

McBay, Stephen 11:14 AM:

I really don't know how people can finish out this year without actively meditating and trying to detach a bit from this noise. It's intense

Mohabir, Sonia 11:14 AM:

If you have Netflix, you might like the Buddha series. It's an Indian drama with subtitles, but it gives a good depiction of Siddhartha's life as a prince turned monk.

McBay, Stephen 11:15 AM:

ooh I do have Netflix and I haven't seen that. Nice. Thanks!

Mohabir, Sonia 11:15 AM:

Sure!

Mohabir, Sonia 11:16 AM:

I've learned everyone has different approaches and definitions of meditation...

Mohabir, Sonia 11:16 AM:

Mary meditates every morning using the Calm app

Mohabir, Sonia 11:16 AM:

:)

McBay, Stephen 11:17 AM:

Also, related to this upcoming 'planner' tutorial. Please chime in with your thoughts on what makes sense to include in the process. Elias went kinda hard on listing out every.little.thing. I feel like some of it will be counter-productive.

McBay, Stephen 11:18 AM:

lol the Calm app is constantly on my phone. Its got a nice breathing practice that I do in the morning. Some of their daily meditations are on point. That's pretty funny that Mary does it too.

Mohabir, Sonia 11:18 AM:

No problem at all with the meeting. If you have thoughts that you would like me to back you up on, just let me know. We already think alike!

McBay, Stephen 11:19 AM:

I feel that way too. I think you'll see what I mean when we get into it.

Mohabir, Sonia 12:11 PM:

GREAT JOB!! You put a lot of thought and effort into creating the "one-stop" tracking for our press releases while satisfying Elias. (y)(y)(y)

McBay, Stephen 12:12 PM:

hah thank you! I'm trying to convince him to provide the information on the card himself (SME names, links, etc.) so we don't have to take it from outlook and input it there, but one battle at a time.

Mohabir, Sonia 12:13 PM:

For sure, perhaps we could both convince him after your meeting with Mary :D

McBay, Stephen 12:14 PM:

Love it. Mary seems really interested in the idea. Thanks for the help Sonia.

Mohabir, Sonia 12:16 PM:

No problem at all. Gotta continue working on the Riverside PRAP press release since it has to go out on Wednesday and Elias is out tomorrow and Monday (:|

Mohabir, Sonia 12:16 PM:

Have a good afternoon!

12:16 PM The action couldn't be completed. Please try again later.

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Have a good afternoon!

McBay, Stephen 12:17 PM:

strength!